

Atman Nityananda

DIE TO LIVE

Inner transformation &
Awakening of Consciousness

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Self-awareness, Spirituality and Yoga
from theory to practice



Atman Nityananda

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Contents

i. Gratitude - Dedications.....	4
ii. Special homage to my beloved Hairakhan Babaji.....	5
iii. Invitation to transformation and support.....	7
iv. Prayers for World Peace	8
v. The Advaita Atma Yoga	11
vi. Annual Online Course	17
Foreword	18
1. The Purpose of Life	Error! Bookmark not defined.
2. Spiritual Life and Practice	Error! Bookmark not defined.
3. Self-awareness or Self-remembrance	Error! Bookmark not defined.
4. How to Develop Self-awareness.	Error! Bookmark not defined.
5. The Repetition of Mantras and God's Names .	Error! Bookmark not defined.
6. The Repetition of the Name of God and Karma Yoga	Error! Bookmark not defined.
7. Self-observation and the Elimination of the Ego	Error! Bookmark not defined.
8. The Elimination of the Ego through Prayer and the Mantra	Error! Bookmark not defined.
9. Stay Steady in Your Practice	Error! Bookmark not defined.
Biography.....	Error! Bookmark not defined.
Advaita Atma Yoga Academy.....	Error! Bookmark not defined.
Appendix.....	Error! Bookmark not defined.

Peace, Love, Harmony



i. Gratitude - Dedications

This book is dedicated to life,
 to the Divine Mother of the universe (*Mahashakti, the Supreme Divine creative energy*)
 who gives me strength, wisdom and guidance to walk the path and frees me from the shackles of the mind,
 to the Gnostic teaching of Samael Aun Weor who taught me to pray to the Divine Mother and work for the dissolution of egoic tendencies and the conversion of sexual energy,
 to my beloved master, Hairakhan Bhole Baba (*Babaji*)
 who always resides in my heart and guides me towards the light and the truth,
 to the holy and peaceful Hairakhan Vishva Mahadham
 whose divine vibrations transformed my mind and my heart,
 to Swami Sivananda
 who through his books and his energy
 gave me light, love, courage, knowledge and inspiration,
 to Nisargadatta Maharaj
 whose simplicity and clarity of his words helped me realize my Self,
 to the formless and timeless Consciousness behind all phenomena,
 and also, to Aïvanhov, Ramana Maharshi, Shankaracharya, Sri Aurobindo, Bhagavad Gita,
 and to everything and everyone that in their own way contributed to my transformation and awakening
 Finally, the book is dedicated to all seekers of truth and freedom!

Peace, Love, Harmony, Health and Prosperity,
 to all beings all over the world!

Atman Nityananda

Peace, Love, Harmony

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ii. Special homage to my beloved Hairakhan Babaji

I dedicate this course to my beloved Hairakhan Babaji, with whose grace my life has transformed, and I have realized my divine essence and oneness with Him and God.

Babaji entered my life unexpectedly at a crucial point, filling my heart with joy, inspiration, hope, and strength. Thanks to his constant presence in my heart, I am where I am.

I feel grateful and blessed to be invited to his place, Hairakhan Vishva Mahadam, a heavenly paradise on earth. The first time I went to Hairakhan was the most wonderful and delightful moment of my life. I ran in the forest at the foothills of the Himalayas to arrive Babaji's Ashram as soon as possible. From the very first moment I felt Babaji's Ashrams like my true home—as if I had always known it, something familiar and majestic, heaven on earth!

Salutations to the divine light that entered my heart in the form of Babaji.
Salutations and prostrations to my beloved Baba, the savior of my life!
I bow to you, O my beloved Bhole Baba, with my whole heart, mind, body,
and soul.



Babaji's teaching

Babaji was an embodiment of simplicity, love, and truth, and this was his life-affirming message!

Live in truth, simplicity, and love

Always remember God by continuously repeating His name through a mantra, such as 'Om Nama Shivay'

Serve humanity with the spirit of Karma Yoga

More about Hairakhan Babaji

You can read more about Babaji, his message to humanity and teachings in the links below

[BABAJI'S MESSAGE](#)

[BABAJI.GR](#)

Peace, Love, Harmony

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iii. Invitation to transformation and support

Welcome and greetings,

I am Atma Nityananda, and I extend warm greetings to all of you.

I invite all people, irrespective of caste, race, and outer attributes, to join the revolution of consciousness that is unfolding on our planet at this crucial time.

This invitation involves, first and foremost, the transformation of oneself into a being of peace, love and light. This transformation can be achieved through the sincere and dedicated practice for spiritual growth and the awakening of consciousness.

In addition, I urge you to actively support others in their transformational journeys and contribute to the global awakening of consciousness.

One impactful way to do this is by supporting the Advaita Atma Yoga Academy, the spiritual institution founded by Atma Nityananda.

Your support can take the form of purchasing one or more copies (*perhaps as a gift to friends*) of our transformative book, '**Die to Live**' or also '**Liberation with the Power of Mantra**' and sharing the Amazon pages on social media with your friends and colleagues. Your contribution, however small, will help the Advaita Atma Yoga Academy to continue its mission and to develop its full potential.

It is clear that the main goal of the Academy is to help all people interested in personal transformation, awakening to higher state of consciousness and realization of the Oneness of all life.

By financially supporting the Academy, you enable many to access its [classes and courses](#), facilitating transformative process and realizations that will have a profound impact on their lives and the world.

I encourage you to purchase this book at a symbolic price, thus contributing to the evolution of the Academy and helping numerous aspirants in their spiritual journeys.

Thank you for your invaluable support.
I wish you peace, love and light.

Om Peace!

Peace, Love, Harmony

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iv. Prayers for World Peace

When you sit for meditation in the morning and evening hours, send out currents of love and peace to all living beings. By repeating these prayers from the heart, we create divine vibrations which permeate the astral and mental worlds, elevate and purify our mind and fill it with sattva.

These prayers prepare the mind in the best possible way for the practice of meditation. You can repeat them also during the day any time you find yourself irritated, upset, frustrated, stressed or

anxious. The vibrations of prayers will bring peace to your mind and will remove the heavy, low frequency energies from your energy field.

Remember that it is important to say the prayer with an awareness of the silent space within and with feeling because the union of feeling with thoughts makes them fruitful and creative. Simplicity, concentration and faith are also important components of prayer.

Sarvesham swastir bhavatu

by Tina Turner

We usually repeat each part three times and then continue with the next part

Part I

Sarvesham swastir bhavatu - May auspiciousness be unto all;

Sarvesham santir bhavatu - May peace be unto all;

Sarvesham purnam bhavatu - May fullness be unto all;

Sarvesham mangalam bhavatu - May prosperity be unto all;

Sarve bhavantu sukhinah - May all be prosperous and happy;

Sarve santu niramayah - May all be free from illness;

Sarve bhadrani pashyantu - May all see what is Auspicious;

Ma kashcid duhkhabhaagbhavet - May none suffer;

Om Shanti, Shanti, Shanti (Om Peace, Peace, Peace)

Asato mā sadgamaya - From ignorance, lead me to truth;

Tamasomā jyotir gamaya - From darkness, lead me to light;

Mrityormāamritam gamaya - From death, lead me to immortality

Om Shanti, Shanti, Shanti (Om Peace, Peace, Peace)

**Om Purnamadah, Purnamidam, Purnat, Purnamudacyate
Purnnashya, Puurnnamadaya, Purnamevavashissyate**

Om Shanti, Shanti, Shanti (Om Peace, Peace, Peace.)

Om, That is Full, This also is Full, From Fullness comes that Fullness,
Taking Fullness from Fullness, Fullness Indeed Remains

Part II

[Lokah samastah sukhino bhavantu](#) - May happiness be unto the
whole world! **Om Shanti, Shanti, Shanti** (Om Peace, Peace, Peace)

Part III

Peace, Love, harmony to all beings all over the world

Om Shanti, Shanti, Shanti (Om Peace, Peace, Peace)

Part IV

May all beings be happy,

May all beings be blissful,

May all beings be peaceful,

Om Shanti, Shanti, Shanti (Om Peace, Peace, Peace)

We conclude saying the following

May all these prayers be realized for the well-being of all.

Om Shanti, Shanti, Shanti - Om Peace, Peace, Peace.

Om Tat Sat (3x)

Note

*My experience has shown me that by doing this sequence of prayers
my mind becomes serene, bright and one-pointed and subsequently
I can easily practice Japa Nama and meditation.*

*In addition, by repeating these mantras, I can also cleanse my energy
field of other people's negative energy and also the negative energy*

from places contaminated with negative energy such as metro stations, indoor spaces, workplaces and shops

Peace, Love, Harmony

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v. The Advaita Atma Yoga

After 30 years of experience, I have developed a spiritual practice method that I call '**Advaita Atma Yoga – The Double Approach.**'

[Advaita Atma Yoga – The double approach](#) is a holistic approach based on the principles of Advaita Vedanta and the main paths of Yoga¹ however, represents these ancient teachings in a way more digestible and comprehensible for the people of this modern age. In this holistic Yoga it is recommended a sattvic way of living and is provided the necessary knowledge, practices and methods to facilitate the transformation of our lower nature and the realization of our true nature (*Divine essence, Consciousness, Atman*).

Advaita Atma Yoga takes account of the eight-step process of [Raja Yoga](#) as well as the [Sadhana Chatustaya](#) of Jnana Yoga but approaches these models with a new way which I call, '**The double approach**'.

Advaita Atma Yoga is called 'The double approach' because from the beginning of the spiritual journey aims on two directions:

¹ **Yoga:** Yoga means union with the true Self or God. We call Yoga the realization that we are one with God but we call also yoga the process to achieve this realization of unity or identity with God. The main paths of Yoga are: Karma Yoga, Raja Yoga, Bhakti Yoga and Jnana Yoga.

1. the exploration, transformation and development of our lower self as well as
2. the inquiry, recognition and connection with our higher or true Self.

From the beginning we apply techniques and methods for the exploration, purification, transformation and development of the apparent self or non-self (*body, prana, emotions, mind, intellect*) and methods and techniques to rediscover, recognize and live aware of our essence or true Self (*Consciousness*).

‘The double approach’ is a balanced, holistic way to achieve inner transformation, harmony and Self-realization. As a bird needs two wings to fly smoothly, similarly we need both, the harmonious development of our lower nature and a conscious living from our essence (*Consciousness, Soul, Atman*).

The work related to our lower self

In relation with the lower self the goal is to know and understand how function the body, the senses, the prana (*vital energy*), the emotions and feelings (*heart*), the thinking mind, and the intellect, to purify them from the egoic energies and tendencies, to create balance at all levels, to transform our energies and develop the higher capacities of prana, heart, mind and intellect.

All levels of human existence are interrelated and interact between each other; thus the work we do with each one of them has also impact to all others.

The purification of the body and vital energy for example facilitate the purification of the emotions and mind and the opposite. The development of one capacity or virtue facilitates the development of all others. Only our true Self (*Consciousness, Awareness*) is

unaffected by the other levels of our existence but it is the One that influence all others and facilitate decisively their purification, equilibration and development.

This process of purification and self-transformation is achieved by various methods and techniques which are related with all aspects of our existence, physical, vital, emotional, mental, intellectual and causal.

Some of the important practices are: Self-enquiry, discriminative detached observation, non-identification, inquiry, self-observation, control of senses, feeding mind and senses with proper (*sattvic*) impressions, proper diet, *sattvic* living, study, pranayama, hatha Yoga asanas, Yoga of Nutrition (*Hrani Yoga*), reflection, meditation, Self-inquiry, introspection, repetition (*Japa*) of mantra, prayer, chanting mantra (*kirtan*), devotion, worship, study, transformation of sexual energy. By these practices the mind is purified, and the higher capacities of heart and mind are developed.

Three levels of purification and harmonization

The whole process of Yoga is a preparation of the inner organ (*called Antahkarana in Sanskrit*) for Self-enquiry or/and meditation and samadhi through which we attain finally the complete dissolution of the ego and all its tendencies and desires and the establishment in our divine essence as the essence.

This inner organ is what we generally as mind in the West. This inner organ is fourfold and consists of the **external mind (*manas*)**, **intermediate mind, -intellect (*buddhi*)**, **ego (*ahamkara*, our illusory identity)** and **inner mind (*chitta*, subconscious mind)**.

Only a pure-sattvic, dispassionate, discerning, detached, introverted, one-pointed, serene mind can be fully awakened and reflect clearly the Divine Consciousness as well as express the divine

qualities in the world, (*peace, love, harmony, wisdom, creativity and beauty*).

Since the most difficult part of the spiritual process is the purification of the lower self and since body, prana, sexual, energy, mind, heart and intellect are interconnected and interrelated between each other, (*the one is affected by the function of the others*), Advaita Atma Yoga considers **“the three-level purification”**, as the most effective way or method of their purification, development and harmonization.

This is a holistic process to purify our inner organ that is working ‘simultaneously’ from three levels.

- **On the level of body-vital energy (*the physical prana*).**
- **On the level of mind (*psychic prana, manas, buddhi, chitta*).**
- **On the level of Consciousness which is at the centre of all practices and the support of all other practices**

To succeed in this inner process of purification, transformation, growth and awakening of consciousness, it is suggested a variety of techniques and methods that make this process very effective and accelerating.

We are the most important factor

However, the most important factor in the spiritual journey is the aspirant not the methods or the technics in themselves. No practice by itself can give significant results; it is the aspiration, the motivation, the intention, the faith and self-confidence, the attitude, the sincere constant and intense practice of the practitioner, with patience, tenacity and perseverance that brings great results and success.

The Divine Shakti (Cosmic Power or Energy)

All spiritual process, (*the purification, transformation and the development of higher capacities and awakening*) is a work of the intelligent-power of Consciousness, the Divine Shakti, even though we may not know this, or we are not conscious of it. All purificatory and transformative practices as well as all the practices that are related to our true nature (*Consciousness or Atman*), are possible thanks to the Divine Mother or Shakti, the intelligent power of the universe.

Since the Divine Shakti is the intelligence, the energy and the power behind our transformation it is suggested to connect with the Divine Shakti and invoke Her help us purify and transform our lower nature and illuminate our mind and intellect.

There is a variety of practices related to the Divine Mother by which we can purify and transform our lower nature as well as activate the higher capacities of our prana, mind, intellect and the chakras (*energetic and psychic centers*).

The main practices with the Divine Mother are: prayers, recitation of mantras, recitation of hymns, recitation of Her divine names, singing Shakti mantras, the fire ceremony (*Yagna*), the Suria Yoga or Sun gazing, transformation of sexual energy through special practices that include mantra and pranayama.

Our devotion to the Divine Shakti should be accompanied by faith and trust to Her power, guidance and protection until the ultimate step of the final release.

The work related to our Higher Self

In relation to our true Self the goal is to recognize our essential or Divine nature, to live as much as possible connected with our essence, to facilitate the awakening and finally be established on our essence (*Consciousness, Atman*).

In order to succeed in this endeavour, are suggested various methods and means, like the study of literature about the nature of our true Self, reflection, contemplation, detachment and disidentification from the mind, discriminating observation in order to discern (*between the Consciousness or Self and the non-self*), Self-enquiry and meditation. All these help us to recognize our essence (*Consciousness*), to develop Self-awareness² and finally wake up and rest as awareness.

The development of Self-awareness, from the beginning of the journey is considered as a crucial part of our sadhana not only because we live aware and aligned with our true nature, but also because enables us to disidentify from the emotional and thinking mind and develop detached self-observation which is a necessary step in the process of the discover and the dissolution of the egoic tendencies, desires and the ego itself.

Spiritual practice and health

Considering health as an important factor of well-being and spiritual growth are indicated also ayurvedic principles and applications as well as methods of natural healing, aiming the maintenance of good physical health and vitality and the reestablishment of psychological harmony and balance. Good health and psychological harmony are the foundations for the individual and social well-being as well as for Self-realization.

² **Self-awareness:** *Self-awareness in spirituality means being aware of the sense 'I am' and the inner silence and not awareness of the psychological structures (thoughts, emotions, etc.)*

**Read about Academy's program
at atmannityananda.org**

ACADEMY'S CONTENTS

Peace, Love, Harmony

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### vi. Annual Online Course

## **Inner transformation – Awakening of Consciousness**

The Most Comprehensive Online Course  
on Spirituality, Self-Knowledge and Non-duality

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Who this course is for

For all seekers and practitioners (*of all levels*) of Spirituality, Self-knowledge, Non-duality and Yoga.

For all those who want to practice systematically and have a comprehensive knowledge of the important topics related to holistic spiritual psychology, inner transformation, awakening of Consciousness and Self-Realization or Liberation.

For all those who want to learn to live consciously from moment to moment and enjoy the freedom and peace of their divine essence.

What you'll learn

The essentials of Spirituality, Non-duality & Yoga!

Holistic Spiritual Human Psychology!

How to live consciously moment by moment!

A great variety of methods for integral practice!

How to practice meditation & Self-inquiry!

How to practice mantras!

How to eliminate egoic tendencies!
 How to develop sattvic abilities of mind and heart!
 How to organise a training plan and set goals!
 How to enjoy the journey!
 How to overcome obstacles and challenges!

INFORMATION - REGISTRATION

Foreword

By living moment by moment in Self-awareness and ceasing to identify with psychological reactions and eliminating egoistic tendencies, defects and negative emotions, we die as ego and live more and more from our divine essence. Only by dying as ego can we live fully as divine light, peace, love and wholeness, which is true life.

In this book, I provide the essence of spiritual practice centered on Self-awareness, mantra repetition, prayer and the elimination of egoic tendencies.

All my books are oriented towards practice, since only through practice can we realize our true Self (*Consciousness, Spirit, Being*) and our unity with God-Consciousness. Our divine Being or Self (*Consciousness*) is identical with Cosmic Consciousness (God) and therefore by knowing our true Self we know God.

The realization of essential nature (*Consciousness or true Self*) and our establishment in It is the purpose for which we were born into a human body. By completely dissolving our ego and identifying with our divine essence or Beingness, we are freed from pain and suffering and experience the freedom, wholeness, peace and bliss of the Divine Consciousness.

What prevents us from transforming ourselves internally and achieving liberation (*self-realization, enlightenment*) is the lower rajasotamasic ego. The ego keeps us identified with the body (*we take the body as our self*), mental and emotional tendencies and habits, impulses, desires, programming and creates a veil that prevents us from realizing our immortal, unchanging, timeless, indestructible, ever peaceful and blissful Divine Being.

Therefore, the central goal of spirituality and Self-knowledge is the elimination of the multiple ego through constant systematic practice and an organized sattvic lifestyle.

In the elimination of the ego and in the awakening to our true nature, moment-to-moment alertness, Self-awareness (*awareness of the silence presence, true Self*) and self-observation and the practices of meditation, Self-enquiry and the repetition of mantra (*Japa Nama*) are essential.

The repetition of mantra is considered to be the most appropriate and effective practice for the majority of practitioners. Continuous repetition of a mantra is one of the most effective ways to remain moment-to-moment alert, to keep the mind focused on the silent presence of the divine essence within (*Self-awareness*), to purify the mind and heart, and to eliminate egoic tendencies.

I hope that this book will inspire you and help you to live consciously moment by moment, aware of the presence and peace of your divine Self (*Being, Consciousness*) and to free yourself from selfish tendencies, desires, attachments and weaknesses.

I wish that all your efforts are auspicious, that they bring light, peace, love and harmony to your lives and that you attain awakening and liberation.

Peace, Love, Harmony

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